

So Long Summer

Thanks for a great season and hope to see you next year!



Financial Assistance: If you or someone you know is having second thoughts about participating in one of our programs, call us and let's talk. We have scholarship funds available for residents, but may also have resources outside of our community for non-resident participants.

Holderness Recreation Department Fall 2016 Programs

A registration form is required for most programs

See our website for more programs and details at www.holderness-nh.gov.

Holderness Recreation
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Holderness, NH 03245
recreation@holderness-nh.gov
www.holderness-nh.gov

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POSTAL CUSTOMER

Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come, first served basis. The program fee and registration form must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, and on the web at www.holderness-nh.gov. Please make checks payable to: **Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, recreation@holderness-nh.com. Office hours are held at the Town Hall on a varying schedule.

Holderness Recreation Department Fall 2016 Program Guide



IRISH STEP DANCE CLASSES



Join Holly Briggs in an Irish Step Dance class. Classes will focus on basic step dance skills and technique for those new to Irish Dancing. Proper Dance Attire is recommended and should include Irish soft shoes or ballet slippers. Shorts, skirts or leggings are best for dancing. Please bring water.

Who: Ages 5 and up

When: Session I Fri., September 2nd - October 14th
(no class 9/9. Make up class 9/6)

Session II Fri., October 21st - December 2nd

Cost: \$65 / 6-wk session

Where: Holderness Town Hall

Time: Children's class 6pm



There will also be a community performance on December 16th.

Traditional Basket Making with renowned Basket Maker Ray Lagasse



Saturday October 15th or December 17th
8:30—4:30

Holderness Town Hall

Make a basket using traditional methods. Choose from four styles: #1 Double-Pie basket, #2 Pack basket, #3 Woolgathering basket or #4 Laundry basket. Cost: \$115 pp

Materials and use of tools included in workshop fee.

Please bring your lunch and drinks.

Min. of 4 and max. of 8 students.



Please register by Oct. 7th and
Dec. 9th



Beginner / Family & Adult Archery



Learn to improve your shooting abilities in a fun and safe environment. Develop the mental aspects of shooting as well as the excitement of learning the art of an age old skill. We will shoot at different things such as a rope, huge playing cards and other cool things as well as the multi colored target faces and balloons. Proper shooting form, mental concentration and proper use of equipment are emphasized. If you have your own equipment it must be inspected and approved by the instructor. Equipment is provided. If you have taken archery before, then brush off the rust with a good refresher and hone your archery skills.

No experience required.

When: Monday's Oct. 24th and Nov. 7th, 14th & 21st.

(no class on 10/31)

Time: Youth ages 7+ 4:30-5:30 pm

Adults 5:45-6:45 pm

Cost: \$65 first person and \$60 adtl. family members.

Where: Pemigewasset Fish and Game Club located on Beede Rd. in Holderness

Class run by New England School of Archery & Supplies

Please register by October 17th.

Adorable Felted Chickens

with Diane Johnson, owner of Soft Touch Farm in Center Sandwich

Learn to Needle Felt the scrumptious little creatures. This class is suitable for adults and youth ages 10+. It is also suitable for beginner or experienced crafters. It is simple to learn and all the materials are included. You will take home a completed seasonal and fun craft project as well as a basic felting kit.

When: Friday, October 21st.

Time: 5:30—8 pm

Cost: \$30 includes all materials

Location: Holderness Fire Station
(tentative)



Please register by October 17th.



Holderness Recreation Board Members:

Tom Stepp, Chairperson

George 'Biff' Sutcliffe, Secretary

Jenny Evans, Janis Messier

Meika Carter & Dan Litchfield

The Board meets once per month at Town Hall to provide input on the recreation and beach budgets, policy and procedure, and review programs.

If you would like to take an active role in your recreation department, call the office today.



Adult Drop in Basketball

Thursday nights! from 7:30—9:30pm starting in September and running through the school season. The program will be held at the Holderness Central School. The cost is \$5 for the season. Bring a light and dark colored shirt. You will need to sign in on the waiver sheet before participating. This is a recreational program offering friendly competition. No Bball on 9/22 or 12/1.



Adult Volleyball

Starting August 30th on Tuesday nights from 7:00—9:00pm. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 18 and up. No pre-registration is necessary, just show up ready to play at the Holderness Central School Gym. You will need to sign in on the waiver sheet before participating.



Early Bird Exercise

Will be returning to the Holderness Central School in September.



What else is going on at 5:30 am. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. Fall class schedule will be Mon. Wed., & Fri. from 5:30—6:30am. We are currently in session, so come on down and give it a try! Please call the Holderness Recreation office for more information 968-3700.

Cost: \$50 (12-week session)

Instructor: Anne Packard

Free Family Camping on Moon Island

Squam Lakes Association is offering the use of three campsites on Saturday, September 17th. The available sites are Moon #1 (up to 12 people), Moon #2 (up to 6 people) and Moon #3 (up to 6 people). Adults must accompany children. Participants are responsible for their own camp supplies & meal planning. Firewood should be purchased at SLA on your way to the campsite. First come first serve, by calling Wendy at 968-3700.



Adult Yoga—Hatha all levels

Lori Card has been teaching yoga in Holderness for five years now. She has a wonderful personality and truly enjoys sharing yoga with us.

Hatha is a more relaxed, moderate-paced practice that includes breathing and meditation exercises; emphasizes breathing, strength and flexibility.

Classes are held on Wednesday evenings 5:30-6:45pm and Tuesday & Thursday mornings 9—10:15am. Classes are ongoing. A punch card for 6 classes is \$60 or \$12 drop in.

Lori is also offering paddleboard Yoga on the lakes in the area. For more information and class opportunities, you can contact her directly at bellacard@metrocast.net



Halloween Tales with Renowned Story Teller Simon Brooks

Thursday, October 27th

starting at 6pm for the younger audience and at 6:45pm for mature Teens and Adults. Holderness Town Hall

Free, however donations are accepted.



British storyteller Simon Brooks will bring chills and thrills to Holderness at Halloween. This event for all ages will begin with slightly spooky stories for young people. With a break part way through, the second set of tales will turn from spine tingling to terrifically scary! We want folks to have fun, and not give folk nightmares! Yet, as you walk from the Town Hall after the event, hope the leaves you hear crunching are under your feet, and not some ghoul following in the shadows.

Simon Brooks is an award winning storyteller and voice artist. Simon has been telling tales professionally since 2003, traveling across New England and to other cities in the US sharing his craft. Hailing from the UK Simon's childhood was steeped in stories and visits to the places where the tales took place. He brings his renown character voices, verbal sound effects, and regional accents to the tales he tells, allowing the listener to see the stories in their own mind as if they were part of the adventure.



Multi-Level Class

Tai Ji Quan: Moving for Better Balance

Days and Times, Mondays & Wednesdays from 10:30 a.m. – 11:30 a.m. September 12-October 5

Min. 6 & Max. of 12; pre-registration required; classes run for 8 sessions.

For older adults and/or individuals with balance and gait impairment

Therapeutically based Tai Ji Quan movements reduce fear of falling, risk of falling, and decrease falls

Improve balance, strength, and physical performance

Improve walking ability and coordination

Increased performance of daily functional activities



Exercises can be done seated or standing.

Recommended by the American Geriatric Society, the Centers for Disease Control and Prevention, and the Administration on Aging as an effective falls prevention program.

Fee: *\$25/series for PBCH Members; \$45/series for non-members.

Instructor is Judy Smith who was trained and certified to teach this class by Dr Li Fuchong of the Oregon Research Institute.

\$5.00 discount off the monthly class fee with this flyer— for new people to TJQMBB only

Safe Sitter® (1-day) Training for ages 11-15 years

Wednesday, December 28th tentative date

9am—4pm

at Holderness Fire Safety Building
\$65 per person

This informative, all day class will prepare both boys & girls to safely stay at home: alone or while watching younger children. You will learn about stranger danger, basic first aid, and choking rescue for infants & children. You will learn behavior management techniques, how to diaper an infant, and how to communicate with the parents you baby sit for! Your instructors are certified by:



**Reserve your spot today!
Space is limited!**



StoryWalk 2016

We hope you were able to visit StoryWalk this year. It was held behind the Gazebo at Curry Place along the river. We had many visitors this summer and hope to have many more again next year. Special thanks this year to the Squam Lake Association for their volunteer help cleaning up the trail, cutting brush, trimming trees and raking the path. Also special thanks to the Squam Lake Science Center volunteers who helped put the signs in place!



September 22nd is **National Fall Prevention Day** Pemi Baker Community Health is offering: "Remembering When: Fire and Fall Prevention Program"

September 22, 2016 from 1:00-2:30 p.m.

It is an engaging and interactive program that participants will learn 8 fall and 8 fire safety tips. At PBCH.

The event raises awareness about how to prevent fire and fall-related injuries among older adults.



Space is limited so pre-registration is required by calling 603-536-2232. This is a Free program.

Holderness Free Library

Although the building is under construction, great programming is still available including:



Ongoing Activities:

- * Wednesday's @ 10:00am Story Time
- * Wednesday's @ 1:00pm Casual Bridge Group—held at Town Hall
- * Tuesday's @ 1pm Knitters / needlepoint—held at Town Hall starting September 20th

Book Group: meets monthly to talk about the latest book that they have read in a friendly relaxed environment.

For more information visit them at holdernesslibrary.org

Give the Gift of Recreation



to someone less fortunate by giving to our **scholarship fund**. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account. This fund helped many families this summer and it needs replenishing. We greatly appreciate and accept donations of any size.

Thank you for your support!

Don't Forget!
Nothing stops a recreation program faster than late registrations. Don't Delay, Join

Walk off the Turkey!

When: Thursday December 1st

Where: Rattle Snake East Trail

Time: 1pm, parking lot

Why: Why not? Especially if you ate too much at Thanksgiving.

Bring Friendly Fido Too!

R.S.V.P to Wendy at 968-3700



Today! Holderness Song Circle



All are welcome!

Dates:

September 24th

October 22nd

November 26th



What is it? Remember those nights at camp when you were a kid? *Song Circles* are kind of like gathering around the campfire and sharing music, but without the fire. When your turn around the circle comes, you may present a song, lead a song, request someone else do a song or pass.

How to participate. Come prepared to sing, play, or listen. Bring your voice, acoustic guitar, mandolin, fiddle, banjo, harmonica and rhythm instruments. Songs with choruses are encouraged for sing-alongs and instrumental breaks. Acapella songs work well too. All levels of proficiency are welcome. Feel free to bring a music stand, tuner and multiple copies of song sheets to add to the *Song Circle* binders. Come early so you're all tuned up in time to start playing by 6:30.

When & Where: We meet upstairs at the Holderness Town Hall from 6:30 to 8:00, sometimes going a little later. If there is enough interest, we will continue. Please see above schedule for our upcoming gatherings.

Who and how much: The *Song Circle* is suitable for ages 12 or older. Minors must be accompanied by a parent or guardian. \$2 per person per visit \$4 max per family. Feel free to bring snacks, desserts and non-alcoholic drinks. Carry in, Carry Out. No pre-registration necessary, but you must sign the waiver sheet when you arrive.

For more information email Sandra Jones:
prospectridge@myfairpoint.net or contact

Holderness Recreation:
603-968-3700 or recreation@holderness-nh.gov